Week 1: Days 1 ~ 3

The following worksheet is part of the 'Peak Performance' guide, property of Mogwarts™.

DAY 01

Exercise	Sets	Reps/Time	1	2	3
BB BACK SQUATS	3	8 ~ 10			
DB BENCH PRESS	3	8 ~ 10			
BENT-OVER BB ROWS	3	8 ~ 10			
STANDING DB SHOULDER PRESS	3	8 ~ 10			
CABLE TRICEP PUSHDOWN	3	10 ~ 12			
CABLE BICEP CURLS	3	10 ~ 12			
HANGING LEG RAISES	3	10 ~ 12			

DAY 02

Exercise	Sets	Reps/Time	1	2	3
DEADLIFTS	3	8 ~ 10			
DB LUNGES	3	10 ~ 12/per Leg			
INCLINE DB BENCH PRESS	3	8 ~ 10			
LAT PULLDOWN	3	8 ~ 10			
SIDE LATERAL RAISES	3	8 ~ 10			
DB SKULL CRUSHERS	3	10 ~ 12			
DB HAMMER CURLS	3	10 ~ 12			

DAY 03

Exercise	Sets	Reps/Time	1	2	3
BB FRONT SQUATS	3	8 ~ 10			
CABLE FLY	3	10 ~ 12			
T-BAR ROWS	3	8 ~ 10			
ARNOLD DB PRESS	3	8 ~ 10			
CABLE TRICEP EXTENSIONS	3	10 ~ 12			
REVERSE BICEP CURLS	3	10 ~ 12			
RUSSIAN TWISTS	3	10 ~ 12			

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Week 2: Days 1 ~ 3

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DAY 01

Exercise	Sets	Reps/Time	1	2	3
BB BACK SQUATS	3	8 ~ 10			
DB BENCH PRESS	3	8 ~ 10			
PULL-UPS	3	6 ~ 8			
MILITARY PRESS	3	8 ~ 10			
DIPS	3	6 ~ 8			
BB UPRIGHT ROWS	3	8 ~ 10			
STANDING CALF RAISES	3	10 ~ 12			

DAY 02

Exercise	Sets	Reps/Time	1	2	3
DEADLIFTS	3	8 ~ 10			
DB LUNGES	3	10 ~ 12/Side			
INCLINE DB BENCH PRESS	3	8 ~ 10			
LAT PULLDOWN	3	8 ~ 10			
SIDE LATERAL RAISES	3	8 ~ 10			
DB SKULL CRUSHERS	3	10 ~ 12			
DB HAMMER CURLS	3	10 ~ 12			

DAY 03

Exercise	Sets	Reps/Time	1	2	3
BB FRONT SQUATS	3	8 ~ 10			
CABLE FLYES	3	10 ~ 12			
T-BAR ROWS	3	8 ~ 10			
ARNOLD DB PRESS	3	8 ~ 10			
CABLE TRICEP EXTENSIONS	3	10 ~ 12			
REVERSE BICEP CURLS	3	10 ~ 12			
SEATED CALF RAISES	3	10 ~ 12			

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Week 3: Days 1 ~ 3

The following worksheet is part of the 'Peak Performance' guide, property of Mogwarts™.

DAY 01

Exercise	Sets	Reps/Time	1	2	3
BB FRONT SQUATS	3	8 ~ 10			
BB INCLINE BENCH PRESS	3	8 ~ 10			
CHIN-UPS	3	6			
SEATED DB SHOULDER PRESS	3	8			
CLOSE-GRIP BB BENCH PRESS	3	10			
PENDLAY ROWS	3	10 ~ 12			
HANGING LEG RAISES	3	10 ~ 12			

DAY 02

Exercise	Sets	Reps/Time	1	2	3
SUMO DEADLIFTS	3	6			
BULGARIAN SPLIT SQUATS	3	10 ~ 12/per Leg			
DECLINE DB BENCH PRESS	3	6 ~ 8			
WIDE-GRIP PULL-UPS	3	8 ~ 10			
PUSH PRESS	3	8 ~ 10			
LYING TRICEP EXTENSIONS	3	10 ~ 12			
CONCENTRATION CURLS	3	10 ~ 12			

DAY 03

Exercise	Sets	Reps/Time	1	2	3
BB BACK SQUATS	3	8 ~ 10			
DB BENCH PRESS	3	10 ~ 12			
T-BAR ROWS	3	8 ~ 10			
ARNOLD DB PRESS	3	8 ~ 10			
CABLE TRICEP EXTENSIONS	3	10 ~ 12			
REVERSE BICEP CURLS	3	10 ~ 12			
RUSSIAN TWISTS	3	10 ~ 12			

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Week 3: Days 1 ~ 3

The following worksheet is part of the 'Peak Performance' guide, property of Mogwarts™.

DAY 01

Exercise	Sets	Reps/Time	1	2	3
KB TURKISH GET UP	3	3/Side			
LATERAL BOX JUMP	3	20			
BULGARIAN SPLIT SQUAT	3	6/Side			
BB BENCH PRESS	3	8 ~ 10			
STANDING DB LATERAL RAISE	3	10 ~ 12			
LAT PULLDOWN	3	8 ~ 10			
HANGING LEG RAISES	3	FAILURE			

DAY 02

Exercise	Sets	Reps/Time	1	2	3
HALF-KNEELING CABLE CHOP	3	6			
SINGLE-ARM KB SNATCH	3	20/Side			
BB BACK SQUATS	3	6			
PUSH UP	3	FAILURE			
BENT-OVER DB ROW	3	8 ~ 10			
SEATED SHOULDER PRESS	3	10 ~ 12			
STANDING CABLE ROWS	3	6			

DAY 03

Exercise	Sets	Reps/Time	1	2	3
DEADLIFTS	3	6			
DB BENCH PRESS	3	10 ~ 12			
DB UPRIGHT ROWS	3	8 ~ 10			
STANDING MILITARY PRESS	3	8 ~ 10			
SEATED CALF RAISES	3	10 ~ 12			
NECK CURLS	3	10 ~ 12			
RUSSIAN TWIST	3	10 ~ 12			

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